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THE
SEAMEN'S
MEDICAL GUIDE:

A TREATISE
ON VARIOUS DISEASES,

WITH DIRECTIONS FOR TREATMENT,

ALSO

CONTAINING A LIST OF MEDICINES, THEIR USES AND
THE MODE OF ADMINISTERING,

DESIGNED FOR THE

WANTS OF SEAMEN, AND OTHERS,

When a Physician Cannot be Procured.

BY HENRY W. BALCH, M. D.

BOSTON:
PUBLISHED BY SARGENT AND BROWN.

1851.

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for the Southern District of New York.

BY HENRY W. BALCH, M. D.

BOSTON:

PUBLISHED BY SARGENT AND BROWN.

1851.

PUBLISHERS' ADVERTISEMENT.

THE SUBSCRIBERS, having made arrangements for FURNISHING AND REPLENISHING MEDICINE CHESTS, for vessels, would respectfully suggest our intention of making this our sole business ; and, as our success and reputation in it will depend wholly in giving satisfaction to those who may patronize us, we intend to spare no pains in furnishing the best Medicines, and putting them up in a manner superior to the generality of Chests which have been sold in this city, and decidedly at a cheaper rate.

THE CHESTS will be supplied with every essential article, and will be so arranged that each may be readily designated, and its use ascertained by reference to the "Seamen's Medical Guide," which accompanies each of the chests. The points aimed at in this book are brevity, simplicity, and a sincere desire to afford relief to the sufferer who may consult it when no physician is near. Its style is plain and comprehensive, all technical terms being studiously avoided ; the description of diseases made natural, and their remedies plain, knowing that terms cannot be too simple, or the manner of prescribing too clear.

We have a depot in New York, where our Chests have given universal satisfaction ; hence, we feel confident of success in this city.

In a word, we hope to establish and maintain our reputation by strict attention to our business, and will feel grateful for any favors shown us.

Boston, April, 1851. EPES SARGENT.
JOSEPH H. BROWN.

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CONTENTS OF THE CHEST.

No.	Doses, &c.
1. Sulphur.....	2 or 3 teaspoon fulls daily.
2. Cream of Tartar....	1 teaspoon full to 1 half oz. in water
3. Epsom Salts.....	1 to 2 ounces.
4. Arrow Root.....	For making gruel, &c. 1 table spoon full, added to 1 pint water; in dysentery, diarrhoea and inflammation of the bowels, this is a good diet.
5. Chamomile Flowers,	For a drink, 1 wine glass 3 times a day, also used for fomentations, to relieve pain.
6. Flax seed,.....	For making drinks, &c. good for sore throat, colds, &c.
7. Flax Seed Meal....	Used for making poultices.
8. Bicarbonate of Soda	For sour stomach, from 10 to 20 grs Also, for making Soda Powders.
9. Turner's Cerate.....	An excellent application for cuts, sores, &c.
10. Mercurial Ointment.	For venereal eruptions, Chronic swellings, &c.
11. Basilicon Ointment.	Healing Ointment, for sores, cuts, &c.
12. Simple Ointment....	For dressing sores, blisters, &c.
13. Blistering Ointment.	For directions see page 21.
14. Elixor Paregoric....	From 1 to 3 tea-spoon fulls 3 or 4 times a day; good for coughs, colds, &c., and produces sweat.
15. Elixor of Vitriol....	From 10 to 20 drops, 3 times a day, good for weakness of the stomach, cold sweats, and loss of appetite.
16. Laudanum.....	From 15 to 50 drops; for an injection, 1 tea-spoon full.
17. Fryar's Balsam.....	From 20 to 50 drops on sugar, or in water.
18. Ess. of Peppermint..	10 to 15 drops on sugar.
19. Spirits of Nitre.....	30 drops to 1 teaspoon full in water
20. Balsam of Copaiva..	From 20 to 30 drops in rice water, when theré is no fever.
21. Sulphuric Ether....	From 40 to 60 drops, in sweetened water.
22. Syrup of Squills....	1 teaspoon full 4 or 5 times a day.

23. Soap Liniment..... For sprains, bruises, &c. rub on with flannel.
24. Spts. of Lavender... From 10 drops to one tea-spoonfull, sweetened.
25. Spts. of Camphor... From 10 drops to one tea-spoonfull, in water sweetened.
26. Spts. of Hartshorn.. From 10 to 20 drops in sweetened water, for fainting.
27. Tincture of Rhubarb. From 1 to 2 tea-spoonfulls.
28. Tincture of Bark.... From 1 to 3 tea-spoonfulls in wine or water, twice a day, it has the properties of quinine.
29. Wine of Antimony.. From 10 to 40 drops. As an emetic, from 30 drops to one tea-spoonfull every 15 minutes, until it operates.
30. Mercurial Solution.. 15 drops in water, or Tinc. of bark.
31. Muriated Tinc. of Iron For retention of urine, 10 drops every 10 or 15 minutes, in water.
32. Volatile Liniment.. For sprains, bruises, sore throat, &c. applied with flannel.
33. Castor Oil..... From 1 to 2 tea-spoonfulls. It may be taken with from 10 to 20 drops of laudanum, to prevent griping.
34. Purging Pills From 1 to 4. Medium dose 2.
35. Alterative Pills.... See page 28.
36. Blue Pills..... From 1 to 3. See page 28.
37. Opium Pills..... 1 pill, from 1 to 4 times a day.
38. Fever Powders. ... 1 powder, every 3 or 4 hours.
39. Calomel and Jalap.. 1 powder, operates as a purgative.
40. Dover's Powders.... From 1 to 2 powders.
41. Quinine..... 1 powder, or 1 grain, 4 times a day.
42. Ipecac..... 30 grains, or 1 powder for an emetic, in warm water, or molasses, drink freely of warm drinks.
43. Calomel..... From 5 to 15 grains. See page 31.
44. Jalap..... From 15 to 30 grains.
45. Rhubarb From 40 to 60 grains, in molasses.
46. Magnesia..... 1 drachm in water, or milk.
47. Peruvian Bark..... From 15 to 30 grains.
48. Tartar Emetic For an emetic, 5 grains. See p. 33.
49. Powdered Cubebs. ... 1 tea-spoonfull, 2 or 3 times a day, in water.

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| 50. Nitre or Salt Petre... | 10 to 15 grains in water, every two or three hours. |
| 51. Sugar of Lead..... | Internal application, 2 grains in water. See page 34. |
| 52. White Vitriol..... | For an emetic, 20 grains in water; five grains to an oz. of water, for eye lotion; one-half a drachm to one pint of water for clap; injection, See page 35. |
| 53. Blue Vitriol..... | For destroying proud flesh, &c. |
| 54. Tartaric Acid..... | For soda and sedlitz powders. See page 35. Also, recipes. |
| 55. Red Precipitate.... | To remove proud flesh. |
| 56. Solid Hartshorn... | Five grains in sweetened water, or brandy. See page 36. |
| 57. Gum Camphor..... | For making spirits of camphor, &c. |
| 58. Iodide of Potassium | 5 grains in water, for an ointment, one-half a drachm to one ounce of simple ointment. |
| 59. Lunar Caustic..... | For directions, see page 37. |
| 60. Lint..... | Used in dressing sores, wounds, &c. |
| 61. Adhesive Plaster.... | For dressing cuts, wounds, &c. |

MATERIA MEDICA.

The properties of Medicines and their respective
Doses.

DIRECTIONS, &c.

No. 1. SULPHUR.

Is a good laxative for people subject to Piles, and will sometimes relieve severe attacks of rheumatism. It is used with great success in cases of salivation, caused by mercury. When rubbed up with lard, it makes an excellent application to itch. When mixed with molasses, the dose is from two to three teaspoons full, for an adult; for a child, one teaspoon full.

No. 2. CREAM OF TARTAR.

In moderate doses it increases the flow of urine, and in large doses, proves at first a laxative, and then a purgative. It is useful in dropsy and fevers: dose about one teaspoon full, added to water, four or five times a day.

No. 3. EPSOM SALTS.

Is a cooling purgative. They should not be used when the patient is weak. Dose, from one to two ounces, dissolved in water.

No. 4. ARROW ROOT.

Is unirritating and nutritious as a diet—excellent in dysentery and inflammation of the bowels, both in adults and children. A teaspoon full mixed with a little cold water, and added to a pint of boiling water, will make gruel of the right consistency, which may be sweetened to taste. When arrow root cannot be obtained, sago, or tapioca, will answer the same purpose, prepared in the same way.

No. 5. CHAMOMILE FLOWERS.

Chamomile flowers are tonic, or strengthening, when made into an infusion as strong as may be pleasant to drink. The dose is one wine glass full three times a day. They may be used in the form of a poultice, to relieve pain.

No. 6. FLAX SEED.

Flax seed tea may be drank freely in colds, sore throats, inflammation of the lungs and bowels. The tea is made by boiling about one tablespoon full of flax seed in a pint of water. It should be strained and sweetened to the taste.

No. 7. FLAX SEED MEAL.

Makes a better poultice than any other material. It should be mixed to a proper consistence with boiling water.

No. 8. BI CARB SODA.

Is used for acidities of the stomach. Dose, from ten to sixty grains, given in water.

No. 9. TURNER'S CERATE.

Turner's Cerate is an excellent, soothing ointment, for sores, cuts, wounds, &c.

No. 10. MERCURIAL OINTMENT.

Is good in chronic swellings, enlargement of the joints and glands; it will destroy vermin which present themselves upon the human body.

No. 11. BASILICON OINTMENT.

An excellent stimulant for ulcers and indolent sores. Is used in dressing blisters, to keep them open.

No. 12. SIMPLE OINTMENT.

Is used in dressing blisters and sores, which require healing and not cleaning.

No. 13. BLISTERING OINTMENT.

A plaster of this ointment should be spread thin upon a piece of leather, or brown paper. It relieves

pain in the breast, bowels, and chest, after inflammation is subdued. If the blister should cause pain in urinating, let the patient drink freely of flax seed tea, and spread the blistered surface with powdered camphor. Do not apply it to children, unless in extreme cases. Blisters will heal rapidly when dressed with simple ointment. If it be required to keep them open longer, use basilicon ointment.

No. 14. ELIXOR, PAREGORIC.

This is an anodyne which possesses the properties of relieving pains and procuring sleep. It is an excellent medicine for children; is good for slight coughs and colds. The dose is from a teaspoon full to a tablespoon full three or four times a day—for an infant from five to fifteen drops, on sugar, or in water well sweetened.

No. 15. ELIXOR OF VITRIOL.

This is good in putrid fevers, weakness of the stomach, loss of appetite, and cold sweats; also has a tendency to prevent local bleedings. The dose is from fifteen to twenty drops, in water, three or four times a day. It is sometimes given with quinine, in the form of a solution.

No. 16. LAUDANUM.

Is a most useful medicine when used with care. It produces sleep, relieves pain, and checks diar-

rheoa. It possesses all the properties of opium, and operates more speedily. It is given in doses of from fifteen to twenty drops, and may be given in doses of fifty drops, in extreme cases where immediate relief is required; at the first appearance of relief, the dose should be lessened gradually. Laudanum may be used for an injection in cases of dysentery. For this purpose use one teaspoon full in about four tablespoon fulls of starch and water, or flour and water.

No. 17. FRYAR'S BALSAM.

Is an excellent medicine for long standing coughs, colds, and soreness of the chest. It may be applied to old sores, cuts and bruises with success. Dose, from twenty to fifty drops, on sugar.

No. 18. ESSENCE OF PEPPERMINT.

Relieves pains in the bowels, and is excellent in sea sickness. Dose, from ten to twenty drops, on sugar.

No. 19. SPIRITS OF NITRE.

A cooling, diuretic medicine, used to increase the flow of urine. It also relieves wind pains in the bowels and stomach. The dose is from thirty drops to a teaspoon full, given in water.

No. 20. BALSAM COPAIVA.

This is a great remedy for clap, and generally given after the patient has been freely purged. It

should be given in doses of thirty drops, four or five times a day, in barley water. Should the above dose purge too freely, add from five to ten drops of laudanum. Copaiva is sometimes given with an equal quantity of spirits of turpentine, in extreme cases. The following mixture is an excellent remedy for clap: balsam copaiva and spirits of nitre one-half a wine glass full each, spirits of lavender two teaspoon fulls, and essence cinnamon enough to make the mixture palatable.

No. 21. SULPHURIC ETHER.

This is often given for palpitation of the heart, cramp in the stomach, cholic, and nausea. It is also an excellent remedy for headache and dizziness. Ten or fifteen drops, in a little water, will relieve a headache almost immediately. The usual dose is from forty to sixty drops, in water, well sweetened. It may be taken from three to four times a day.

No. 22. SYRUP OF SQUILLS.

Syrup of Squills is an effectual remedy for coughs and colds, when unattended by fever. It is sometimes used as an emetic for children. The usual dose for an adult, is from one-half to one teaspoon full, six or eight times a day. For a child, from fifteen to thirty drops, three or four times a day. The following is an excellent preparation for coughs

and colds: syrup of squills and hive syrup each, one half wine glass full, paregoric one tablespoon full wine of antimony one teaspoon full, mix the above together and take one teaspoon full three or four times a day.

No. 23. SOAP LINIMENT.

This is an excellent embrocation for sprains, bruises, stiff joints, and rheumatism. It should be rubbed into the parts affected, so as to produce a slight friction. It is well to wrap the wound in a piece of flannel, and keep it moist with the liniment.

No. 24. SPIRITS OF LAVENDER.

This is used as a tonic to revive the spirits. It is also good in cases of nausea and flatulence. It is a convenient article to mix with nauseating medicines, to make them palatable. From thirty to forty drops may be taken on sugar, or in water.

No. 25. SPIRITS OF CAMPHOR.

This is a stimulant, and often used for pains in the stomach. It is also used as an external application for swelling of the face, bruises, sprains, rheumatism, &c. Dose, from ten drops to one teaspoon full, in water, well sweetened.

No. 26. SPIRITS OF HARTSHORN.

Is a stimulant, and may be given internally in

fainting and collapse. It will blister immediately when applied externally. When mixed with an equal quantity of sweet oil, it forms an excellent liniment for sprains, bruises, sore throat, and rheumatism. The dose is from ten to twenty drops, in water, well sweetened. It may be repeated occasionally, if required.

No. 27. TINCTURE OF RHUBARB.

Rhubarb, in this form, is good to remove pains in the stomach and bowels. It is also a gentle purgative. When mixed with bi carbonate of soda, it will remove heartburn. Dose, from one to two tablespoon fulls.

No. 28. TINCTURE OF BARK.

This is an admirable tonic and has the properties of quinine. It is good in case of general debility, indigestion, and langour. Dose, from one to three teaspoon fulls, in wine, or water.

No. 29. WINE OF ANTIMONY.

This preparation of antimony is useful in coughs and colds, and in fever produces perspiration. It is good as an emetic for children, from one to twelve years of age. Dose, for an adult, from ten to forty drops. As an emetic, give from thirty drops to a teaspoon full every fifteen minutes, until it operates.

No. 30. MERCURIAL SOLUTION.

This solution is good in venereal disease, for copper-colored eruptions of the skin. It contains four grains of corrosive sublimate to an ounce, or half a wineglass full. If the eruptions be attended by pains and sore throat, it may be given in doses of fifteen drops, in water, or tincture of bark.

No. 31. MURIATED TINCTURE OF IRON.

This is a good remedy in retention of urine, when no fever exists. When this medicine is used for retention of urine, it is necessary that a warm bath should be taken before the remedy is used. If a catheter cannot be introduced, ten drops, given every ten or fifteen minutes, in water, will cause a speedy relief.

No. 32. VOLATILE LINIMENT.

Is for sprains, bruises, sore throat, stiff joints, rheumatism, &c. Apply externally with friction: after which saturate a piece of flannel, and bind upon the part affected.

No. 33. CASTOR OIL.

This medicine is well-known as a gentle purgative, given in doses from one to two tablespoon fulls. Should griping attend the evacuations, it may be relieved by adding from ten to twenty drops of laudanum.

No. 34. PURGING PILLS.

These pills operate as a laxative. From one to four pills may be taken, as circumstances require. They are an excellent medicine to regulate the bowels. When taken in large numbers, they sometimes produce piles, which should be avoided as much as possible. A dose is about two in number.

No. 35. ALTERATIVE PILLS.

These pills are given in all inflammatory diseases, and fevers, after bleeding. The pill is composed of two grains of calomel and one-fourth of a grain of opium. Give one pill every four hours, until the gums grow tender, or the disease disappears. These pills are sometimes prescribed for inflammation of the lungs and pleurisy, when all other means have failed. Great care should be taken in their use.

No. 36. BLUE PILLS.

These pills are of the same nature as calomel, although not as sure in their operations. It is always necessary, when the pills do not operate as they are expected, they should be assisted by other medicines. Emsom salts, or castor oil, may be given in moderate doses. From one to three pills may be given at a time, but should not be repeated often, as it will produce salivation, which is required only in extreme cases of dysentery, sore eyes, and venereal eruptions.

No. 37. OPIUM PILLS.

These pills are excellent to destroy pain and produce sleep. They are a valuable medicine for inflammation of the stomach and bowels. They should never be given in inflammation of the brain. It is a most desirable medicine in dysentery and diarrhoea. A dose, for the first named diseases, is one pill, three times a day. In dysentery and diarrhoea, two or three pills, twice a day. Care should be taken that dysentery should not be checked too sudden.

No. 38. FEVER POWDERS.

These powders should be given in fevers attended by much excitement. They should not be given in cases where the patient is weak. They produce perspiration, lessen excitement and arterial actions. It is well to let the patient drink freely of warm drinks, as it has a tendency to aid the powders in their operation. Dose, one powder, or five grains every three hours, in sweetened water.

No. 39. CALOMEL AND JALAP.

These powders are purgative, and consist of ten grains of calomel to fifteen of jalap. One powder, mixed with molasses, is a sufficient dose. It is good in cases of fever and ague, inflammation of the brain, diarrhoea, and slight attacks of cholera.

No. 40. DOVER'S POWDERS.

This is a safe and useful medicine to relieve pain where fever presents itself. It also produces sleep. Dose, from five to fifteen grains, or one powder.

No. 41. QUININE.

This is a powerful tonic and strengthening medicine, and should not be used in diseases which are attended by fever, but may be used advantageously in cases of weakness, loss of appetite, and indigestion. This is an indispensable medicine for fever and ague. It should not be used when the tongue is much coated and the bowels costive. The bowels, in all cases where quinine is used, should be kept loose. The usual dose is one grain, added to five or ten drops of elixir of vitriol, and taken in a small quantity of water. For fever and ague, the above dose may be increased gradually.

No. 42. IPECAC.

This is a mild emetic which does not cause weakness. It may be used with perfect safety for children. It is excellent to free an overloaded stomach, and regulate the digestive organs. A mixture, consisting of two ounces syrup squills, (No. 22) two teaspoon fulls of elixir of paregoric, (No. 14) one-half teaspoon full laudanum, (No. 16) and five grains ipecac, (No. 42) is good for a dry, hacking cough. Dose, one teaspoon full three times a day. The dose of ipecac, for

an emetic, is thirty grains for an adult, and from five to fifteen grains for children.

No. 43. CALOMEL.

Calomel acts upon the bowels, skin, liver, and secretions generally. When used as a purgative, it is best to combine it with jalap, or rhubarb: without which, it generally takes about eight hours for it to operate—and then often requires some other cathartic to assist it in its operation. When the tongue is coated and the breath offensive, calomel should be used. If the patient's bowels be hard to move, it may be followed the next morning by from one to two ounces of epsom salts, dissolved in water. The usual dose of calomel, alone, is from five to ten grains for an adult. In warm climates it requires doses of from ten to fifteen grains. The dose of calomel and rhubarb, is ten grains of the former and fifteen grains of the latter. The dose of calomel and jalap, is ten grains of the former and fifteen of the latter.

No. 44. JALAP.

This is another purgative medicine and often combined with calomel, as in the preceding number. When taken without calomel, it may be taken in a little ginger and hot water, to prevent its griping. Dose, from fifteen to thirty grains.

No. 45. RHUBARB.

This is an excellent, mild, and safe purgative, and useful as a laxative. It is extensively used in diarrhoea. In fevers, when a purgative is required, rhubarb is recommended, as it does not weaken the stomach. A small piece of the root, chewed occasionally by persons of a bilious temperament, or those troubled with indigestion, is very beneficial. The dose of the powder is from forty to sixty grains, taken in molasses, or syrup. Thirty grains, added to the same amount of magnesia, generally has a good effect.

No. 46. MAGNESIA.

Magnesia is a laxative and destroys the acidity of the stomach and bowels. It will sometimes act as a purgative where the stomach is very acid. It is good to remove heartburn, but should not be used habitually, as it will sometimes concrete in the intestines. When magnesia is given with acid drinks, it purges freely. The dose is one drachm, given in water.

No. 47. PERUVIAN BARK.

This is an excellent tonic, and used for general debility of the system. It is often used as a substitute for quinine in fever and ague. The dose is from fifteen to thirty grains, three or four times a day, given in port wine. In fever and ague it may be increased to sixty grains.

No. 48. TARTAR EMETIC.

This is mostly given in fevers to produce sweating. It may be given in cases of fevers, in robust men, when diarrhoea, or sickness at the stomach does not occur. It acts powerfully as an emetic, and should not be given to children, or weak persons. For an emetic, dissolve five grains in a cup full of warm water, and give the patient one-half of it. Should it not operate in ten minutes, give one-half the balance. Should not that operate in ten minutes, give the remainder. Let the patient drink freely of warm water, or flax seed tea. Tartar emetic is successfully used as an irritating ointment, made in the proportion of one drachm of the tartar emetic to one ounce of lard, or simple ointment. Some persons require double the amount of tartar emetic to the ounce. This ointment will irritate, or blister more readily than blistering ointment. It is an excellent preparation for soreness of the chest, lungs, back, &c. It should be rubbed on the parts affected, and a piece of oiled silk, or cloth, be laid over it.

No. 49. POWDERED CUBEBS.

Cubebs are extensively used for the clap. The bowels should be well purged before using them. The diet should be low to subdue inflammation. The dose is a teaspoon full, twice or three times a day, given in warm water. It is sometimes well to add

a few drops of spirits of nitre. They are an excellent article for severe colds.

No. 50. NITRE, OR SALT PETRE.

Nitre is a cooling medicine. It is used to lessen fevers and increase the flow of urine. Should its use cause pain in the stomach, it should be discontinued. The dose is from ten to fifteen grains, in water, every two hours.

No. 51. SUGAR OF LEAD.

This is a powerful astringent, and used to restrain all profuse discharges, when unattended by fever. It should never be given in large doses, nor should small doses be repeated often. The dose, for internal application, is two grains, given in water. Sometimes a few drops of laudanum is added. Sugar of lead is generally used as an external application for sprains, bruises, &c. The following makes a good lotion : one drachm sugar of lead, one teaspoon full laudanum, and two tablespoon fulls of rum, or alcohol, added to one pint of water. It is often used in gleet—as an injection for this purpose, dissolve one-half a drachm in a pint of water. For piles, ulcers, sores, &c., make an ointment consisting of one-half a drachm of sugar of lead, one drachm of powdered opium, and one and one-half ounce simple ointment.

No. 52. WHITE VITRIOL.

This is a speedy emetic in cases of poisoning. The dose for the above is twenty grains, given in a tea-cup full of water. From three to five grains, added to one ounce of water, makes good eye wash. Half a drachm to a pint of water, is used as an injection for the clap.

No. 53. BLUE VITRIOL.

This article is principally used to destroy proud flesh on old sores. It should be powdered fine and sprinkled upon the surface of the sore. It is also used to touch the surface of shankers and pimples, to destroy them.

No. 54. TARTARIC ACID.

Is used in making soda powders—the following is the process: dissolve about thirty grains bi carb soda in a tumbler one-third full of water, sweeten this mixture well with sugar, then dissolve about the same quantity of tartaric acid in another tumbler, with the same amount of water, pour the contents of the latter tumbler into that of the former, and drink while in a state of effervescence. These powders are good in fevers where the patient is disposed to vomit, also for acidity of the stomach.

No. 55. RED PRECIPITATE.

This is used to destroy proud flesh on indolent sores. When made into an ointment of one drachm

to an ounce of lard, it stimulates indolent ulcers, cures itch, &c. To destroy proud flesh, sprinkle the parts affected with the powder.

No. 56. SOLID HARTSHORN.

This is a stimulant, acting instantaneously, given alone, or with brandy. Where the debility is great, and the case urgent, lose no time in giving both. The effect is better when the hartshorn is given first. The dose is five grains, given in a teacup full of sweetened water. This amouut may be given every two hours for three days, or it may be given every half hour for one-half a day.

No. 57. GUM CAMPHOR.

This is a stimulant and lessens pain. Spirits of champhor is made by adding one ounce of the gum to one pint of spirits. It sometimes relieves headache, rheumatism, &c.

No. 58. IODIDE OF POTASSIUM.

This is used for scroflula and venereal diseases to a great extent. It is also a powerful purifier of the blood for all eruptions of the skin, enlargement of the glands, and in all diseases caused by an impure state of the blood, this medicine should be used. It may be assisted by a blue pill, three times a day, where the patient's strength and vigor is under-

mined. The dose is five grains, dissolved in water and given three times a day. One-half a drachm of this medicine, mixed with one ounce of simple ointment, makes an excellent application for chronic affections of the limbs and joints.

No. 59. LUNAR CAUSTIC.

Lunar caustic is used to destroy proud flesh and shankers. It may be used by rubbing a piece of the caustic over the parts affected. It is also used as an injection for clap. The solution is made in the proportion of one grain to one ounce of water. This, also, makes a good eye water.

No. 60. LINT.

Lint is used for dressing sores. Ointment should be spread upon a piece of lint, or cloth, about the size of the sore, and a piece of dry lint put on over it and bandaged.

No. 61. ADHESIVE PLASTER,

When applied should be cut in narrow strips, and warmed by a candle, or the fire. It is used in dressing wounds, cuts, &c.

DISEASES,

THEIR TREATMENT AND CURE.

GENERAL OBSERVATIONS.

Delay is too often made in the application of appropriate remedies to diseases, on their first appearance—thinking that they may depart of their own accord. This is a wrong idea, and I would caution both old and young against encouraging it for one moment. In many cases where delay is made, it causes man to be made miserable for life, and in some cases it causes death. Remedies should always be applied to a disease when it is in its infancy, not waiting until it has had full sway for too long a time, when it becomes the conqueror and man conquered. We cannot have too much regard for our health—for without it we are miserable, and in many cases make all miserable around us. I would recommend that mild medicines be applied, where they will answer the purpose of more powerful ones. In many cases the most simple

- remedy will destroy the most dangerous disease, when applied in season.

PULSE.

Close attention should be paid to the pulse in all kinds of disease. The pulse is felt in the wrist and usually beats about seventy-five times in one minute—in children oftener, and in aged persons not so often. When the pulse resists the pressure of the fingers strongly, it is called a strong pulse, and when it makes but slight resistance, it is weak. When each resistance is performed in a short space of time, the pulse is called quick. A quick pulse generally indicates fever rather than strength.—When one hundred and five, or more beats are performed in one minute, weakness is indicated rather than strength of the system. The body is in a strong condition when the pulse is strong, and feels large under the pressure of the fingers. When fever exists under the last described pulse, it should be depressed by tartar emetic, (No. 48,) or ipecac, (No. 42,) given in small doses. When it is very weak, give strong stimulants, tonics, and nourishment, such as tincture of bark, (No. 28,) or elixir of vitriol, (No. 15,) or soups, broth, &c. When the pulse and strength are moderate, observe a medium course.

FEVERS.

The symptoms of fever is thirst, hot and dry skin, and frequent pulse. These symptoms remain with the patient from days to weeks. The bowels should always be kept regular; perspiration should be promoted, by sponging with either warm or cold water, as the patient may desire. Give calomel (No. 43) at first, or rhubarb, (No. 45) to regulate the bowels. An injection may be given, if necessary. In all cases subdue inflammation, if there be any: for this purpose use a mustard poultice, and give one alterative pill (No. 35) twice a day. If delirium attends, apply warm baths to the feet and keep the head cool—it is well to add a little mustard to the foot bath. The strength should be supported when weakness appears. Support strength by giving nourishing soups and broths. Should not this have the desired effect, give quinine, (No. 41,) or elixir vitriol, (No. 15,) and if the weakness still increases, add to the quinine a little wine or brandy. Guard against diarrhoea, and should it make its appearance, treat it as directed under head of diarrhoea. Measles, small pox, or scarlet fever, may be treated as above.

BILIOUS FEVER.

It has the symptoms of fever generally. It is generally preceded by pains in the back; the tongue

is generally coated with a yellowish coat. Bleeding should never take place, unless the pulse beat strong and quick, and there be a severe pain in the head; in this case bleeding may be necessary. The skin may sometimes be moistened by the fever powders, (No. 38.) If the tongue be coated as before described, and the breath offensive, a dose of calomel (No. 43) and rhubarb (No. 45) may be given. Let the diet be very low, so long as the pulse beats strong. When the disease has subsided, give five grains of quinine, twice a day, for two or three days, which may prevent the return of the fever. Should inflammation of the brain, bowels, or chest occur, apply mustard poultices, or blisters, and give three grains of calomel twice a day.

YELLOW FEVER.

This fever continues from five to nine days. Its symptoms are chills, followed by hot skin, an uneasiness of the stomach, attended by pains in the head, back, and legs; the tongue is generally swollen and very red at the point. The desire to drink is intense, which is attended by a burning sensation of the stomach. The countenance wears a fierce and at the same time wild aspect. The pulse is strong and frequent, and the bowels of a bilious nature. These symptoms last from thirty to fifty hours—the patient then becomes comfortable, and

the skin assumes a yellowish cast. He remains in this situation about twenty hours, when he becomes very weak and his pulse quick. His skin then becomes changed to a light brown, or mahogany color ; his tongue dry and cracked, from which blood flows slowly. He throws from his stomach a thick mucilage, similar to black vomit. Bleeding sometimes takes place from many parts at once. The skin grows cold, eyes hollow, tongue black, and the patient dies.

Never bleed unless at the beginning of the attack, and even then it should be avoided, unless the fever be excessive, and there be great pain in the stomach. Apply sponging, either warm or cold, as the patient may desire. Apply mustard plasters to the stomach, and give from ten to thirty grains of calomel (No. 43) every three hours. Should this purge the patient too freely, give of Dover's powders, (No. 40) or sugar of lead, (No. 51.) When vomiting presents itself, never use ipecac, or tartar emetic, but govern the symptoms by a weak solution of sugar of lead, or soda water in small doses, and given often. A blister, six inches square, should be applied over the stomach. As soon as the skin becomes cool, and the fever abates for the time, give quinine (No. 41) in from five to ten grain doses, and repeat them. If you have no quinine, give elixir of vitriol, (No. 15.) The

strength should be sustained by strong nourishment, also by small quantities of brandy—which, if it produces vomiting, may be injected into the body. The brandy should be diluted with potatoe starch, or arrow root, to which may be added from five to ten drops of laudanum, (No. 16.)

FEVER AND AGUE.

This fever may be known by three accessions, which follow each other in rapid succession : first, chills and shivering—secondly, fever attended by excessive heat—thirdly, by perspiration. As soon as the sweating is over, the patient becomes as well as ever, otherwise than being weak. These fits usually present themselves every third day, and in many cases have made their appearance every day for weeks after the patient was first taken. If there is a tenderness, and the bowels irregular, give ten grains of calomel, (No. 43,) twenty-five grains of ipecac, (No. 42,) and after an operation from the above, give a blue pill (No. 36) twice a day, until the tenderness is removed. Hot drinks and warm clothing should be given and applied in the cold stages, and in the hot stages the reverse.

SCARLET FEVER.

It is hardly necessary to say anything upon this subject, more than is treated as directed in fevers.

It is contagious, and usually attacks children rather than adults. In mild cases it is merely necessary to keep the bowels regular, and let the patient diet. Let the patient drink freely of flax seed tea. Where the fever is high, treat as directed in fevers. Should the patient's tongue become brown, or weakness set in, (these are dangerous symptoms) it should be supported by nourishing food and stimulants.

MEASLES.

This fever may also be treated like other fevers. It generally appears in children. It mostly appears in the form of dark-red pimples upon the skin, which will disappear in a few days. Care should be taken to prevent the patient taking cold. Let him diet, and keep his bowels regular. If pains should appear in the body, they may be relieved by the application of blisters, or mustard poultices. When the fever is great, a moisture of the skin must be produced by giving ipecac, (No. 42) or tartar emetic (No. 48.) Care should be taken that the patient does not catch cold when recovering.

SMALL POX.

This is known by all to be a contagious disease. Its first appearance is similar to other fevers. Eruption usually appears after the third or fourth day. Three or four days after, the fever begins to subside, and sometimes it leaves the patient entirely.

About the seventh day the spots become tipped with matter, and on the tenth or eleventh they form a scab, which will soon drop off and leave small pits. Here the disease terminates.

In small pox where the eruptions run together, and form upon the whole surface of the body, the disease is in its worst form and exceedingly dangerous. Where small pox presents itself as described in the commencement of this article, very little treatment is required. In severe cases of this disease, let the bowels be kept regular and the diet be low. Should the tongue be coated, the breath foul, and the bowels costive, give a dose of calomel and rhubarb, consisting of ten grains of the former (No. 43) and twenty grains of the latter (No. 45.) After this has operated, dissolve one grain of tartar emetic in eight teaspoon fulls of warm water, and give one teaspoon full of the solution. When the fever appears to abate, increase the nourishments and decrease the amount of medicine. Should the patient become weak and the pulse feeble, give stimulants, as solid hartshorn and brandy, or half a teaspoon full of sulphuric ether (No. 21) in sweetened water, or one grain of quinine, (No. 41) given three or four times a day, is useful. If quinine cannot be obtained, substitute tincture of bark, (No. 28.) If diarrhoea presents itself, give laudanum, (No. 16) or opium pills (No. 37) to prevent it.

PLEURISY.

The symptoms of this disease are chills, severe pain in the side, attended by fever. A dry, hacking cough, and a strong, frequent pulse, usually accompanies pleurisy. Bleeding, or cupping, should be resorted to on its first appearance. A blister-plaster, applied to the side, is also very beneficial. The patient's diet should be very low. Should not the above treatment have the desired effect, give an alterative pill, (No. 35) or three grains of calomel (No. 43) twice a day, and observe that the bowels be kept regular until the patient recovers.

APOPLEXY.

The symptoms of apoplexy are insensibility, the pupil of the eye dilated, heavy breathing, and the countenance livid. Violent headaches, loss of sight, and sometimes palsy, generally precede this disease. The pulse is not usually quick, or frequent, but in most cases full and strong. When the patient has fallen the clothes should be loosened immediately, and should he exhibit a strong pulse, bleed him. Cold baths should be applied to his head and warm to his feet. An injection of soap suds, to which may be added one ounce of spirits of turpentine, should be given, which should be followed by a powder of calomel and jalap (No. 39.) Fainting is sometimes mistaken for apoplexy. This remedy

should never be applied, as it would kill a person who has merely fainted.

INFLAMMATION.

The symptoms of inflammation are fever, violent vomiting, pains in the stomach and bowels. Inflammation of the brain, or lungs, may be known by the same symptoms. They all usually require the same mode of treatment—which is leeching, blistering, bleeding, and applying mustard poultices. In all cases the patient should diet and keep his bowels regular, by means of an alterative pill, three or four times a day. Tartar emetic (No. 48,) is often used with success. It should be understood, that it is not necessary to apply all these remedies to one case, but those which may be thought most desirable, or beneficial. The dose should also be graduated according to the state of the disease—for instance: when the inflammation is slight, bleeding will not be required in this case; apply a poultice made of flax seed meal (No. 7.) If the inflammation be great, more powerful remedies should be used, as it sometimes proves fatal.

INFLAMMATION OF THE BOWELS.

The symptoms are the same as given in the general remarks upon inflammation. The pulse is

usually quick and frequent, the face pale, and the bowels costive. The bowels should be opened with ten grains of calomel (No. 43) and kept regular by an alterative pill, (No. 35) twice a day. If the patient exhibit signs of fainting, it will be necessary to bleed him, and apply a blister (No. 13) to the tender part of the belly. If the blister does not draw well, take it off and sprinkle a little tartar emetic, or turpentine to the surface, and then apply it as before directed, when it will have the desired effect. Diet and rest is required.

INFLAMMATION OF THE LUNGS.

The symptoms of this disease are similar to those of pleurisy. In inflammation of the lungs, the pain is in the middle of the breast, and the cough is attended by the spitting of a discolored fluid, intermixed with blood. The treatment is the same as that of pleurisy.

INFLAMMATION OF THE LIVER.

The symptoms are a yellowish skin, strong and frequent pulse, chills, fever, and soreness of the right side. Vomiting often occurs. The urine is highly colored, and the bowels are usually costive. If it be necessary, bleed the patient, and give him ten grains of calomel, (No. 42) followed by one or two ounces of epsom salts, (No. 3.) A blister

should be applied over the left side, when the pain exists : then give three grains of calomel, (No. 43) added to a fever powder, (No. 38) every four hours. Should this cause vomiting, give the calomel in the same amount of Dover's powders, (No. 40) instead of fever powders ; let the mouth become slightly sore with the calomel. The bowels should be kept regular and low diet observed.

BLEEDING OF THE LUNGS.

This disease is known by the patient coughing up scarlet blood, which has the appearance of spit-tle. It is sometimes attending by fever, in which case the patient should be bled. Then dissolve two grains of tartar emetic (No. 48,) in four table-spoon fulls of warm water, and give one teaspoon full every two hours. If there be much pain, apply a blister to the chest. The patient should be kept perfectly quiet ; his diet and drinks should be low. It is not necessary to bleed where there is no fever.

COLDS.

It is hardly necessary to give the symptoms of a cold, as almost every one has been troubled with them more or less. It is always a good plan to keep the bowels regular by the use of some gentle purgative, as rhubarb, (No. 45) castor oil, (No. 33) or epsom salts, (No. 3.) Soak the feet well in

warm water at night when you go to bed, and take a large draught of flax seed tea, or boneset tea, well sweetened—this should be drank hot, in order to produce perspiration. Should the cold cause the lungs or chest to be sore, rub on a liniment made of equal parts of spirits of hartshorn and sweet oil, or apply an ointment composed of one drachm of tartar emetic and one ounce of simple ointment. The following is an excellent preparation for colds or coughs : one tablespoon full of syrup of squills, (No. 22) one tablespoon full of elixor paregoric, (No. 14) two tablespoon fulls of wine of antimony, (No. 29) mixed together. Dose, one teaspoon full three times a day. This mixture is good to loosen a hard cough.

DELIRIUM TREMENS, OR HORRORS.

The cause of this disease is too well-known to require any explanation whatever. Its symptoms are a trembling of the limbs, and particularly of the tongue, which cannot be held steady, without support, when thrust out of the mouth. The eyes assume a wild appearance, and the patient is generally more or less insane—often imagining himself pursued or surrounded by devils, snakes, or some other horrible phantom. If the patient be crazy, it is desirable that he should be tied to his bed, or secured in some manner, as he will be very likely

to injure himself, or some one else—perhaps commit suicide. If the tongue be coated, or foul, give ten grains of calomel (No. 43) and fifteen of rhubarb, (No. 45.) After this has operated, give twenty-five drops of laudanum (No. 16) every two hours. If this does not calm him and produce sleep, increase the dose to thirty-five drops, and if possible, give him a glass of his favorite liquor every six hours, during the twenty-four, until sleep is brought on. He should have as much nourishment as he will take. It is sometimes necessary to administer forty-five to fifty drops of laudanum in this complaint.

JAUNDICE.

The symptoms are a yellow countenance, foul tongue, costiveness, bad breath, and a sickness at the stomach, often accompanied with a pain in the right side, and more or less fever. If inclined to vomit, and the patient be strong, give two grains of tartar emetic (No. 48) and fifteen grains of ipecac, (No. 42.) After this give him a blue pill, (No. 36) or alterative pill, (No. 35) from two to three times a day—keeping the bowels open by administering purging pills, (No. 34) or rhubarb, (No. 45.) In a common case the emetic may be dispensed with, and the patient purged with ten grains of calomel (No. 43) and fifteen grains rhubarb, (No. 45) and then pursue the same course as heretofore. Should

the patient have violent fever and severe pains, treat him as for inflammation of the liver, (see page No. 48.)

VOMITING.

If it is caused by anything offending in the stomach, assist it by giving an emetic (No. 48) and warm water. Should it be caused by inflammation of the bowels, or stomach, the patient should be treated for inflammation, (see inflammation of the bowels) and the vomiting will cease with this treatment. When there is no inflammation, or indigestible food on the stomach, a mustard plaster may be applied, and if relief does not follow, apply a blister. Give soda water, made from tartaric acid (No. 54) and bi carbonate of soda, (No. 8,) or strong tea. If the stomach is sour, give magnesia, (No. 46) or salaratus. These things should be given in as small quantities as possible, as large quantities will be rejected.

CHOLIC.

Its symptoms are severe griping and pains in the belly, which may be relieved temporarily by pressure. It is usually caused by indigestible food, and may be relieved by giving two ounces (four table-spoon fulls) of castor oil (No. 33) and thirty drops of laudanum, (No. 16) and then apply hot fomentations of chamomile flowers, (No. 5.) After the

bowels are moved, three teaspoon fulls of paregoric (No. 14) may be given, and repeated if necessary: or a teaspoon full of laudanum (No. 16) and one of ether, (No. 21) mixed together. After the patient has recovered, all indigestible food should be avoided. If the cholic has been of long duration and severe, a rupture may sometimes occur, which may be treated as described. (See ruptures.)

DYSENTERY.

Its symptoms are painful, and sometimes frequent discharges of blood, accompanied by heat and depression of the bowels, and often attended with fever. The patient should be kept quiet and have the same diet as in diarrhoea. The disease should be checked in season, but not too suddenly, or debility will follow, which may ultimately result in death. Give the patient one quarter of a grain of lunar caustic, powdered, (No. 59) and one opium pill, (No. 37) taken together in a piece of bread. Should this not have the desired effect, give from ten to fifteen grains of calomel (No. 43) and ten grains of Dover's powders, (No. 40) taken together, and follow with twenty grains of rhubarb, taken in molasses or syrup.—After this, an alterative pill (No. 34) three times a day. The skin should be kept moist, which, if necessary, may be done by giving five grains of solid hartshorn, (No 56) dissolved in weak vinegar

and water. Should the stool present a natural appearance, but loose, the disease has assumed the form of diarrhoea, and should be treated as such. (See diarrhoea.) When griping, or bearing down, occurs in dysentery, it may be relieved by an injection of twenty-five or thirty drops of laudanum, (No. 16) in a wine glass of arrow root, (No. 4.) Where there is pain, or pressure, apply a fomentation of chamomile flowers, (No. 5.)

CHOLERA MORBUS.

This disease is usually caused by indigestible food, or unripe fruit. It is always attended by purging, vomiting, and severe pains in the body. An emetic, if the stomach be not empty, may be given. It is sometimes more desirable to purge than vomit the patient—this may be done with two tablespoon fulls of castor oil, (No. 33) to which may be added thirty drops of laudanum, (No. 16.) Then give two teaspoon fulls of paregoric (No. 14) and ten drops of essence of peppermint, (No. 18.) Should not these remedies remain in the stomach, give an injection of sixty drops of laudanum (No. 16) in a cup full of arrow root gruel. The strength may be retained by giving wine, or brandy.

CHOLERA.

Cholera makes its first appearance in the form of diarrhoea, which precedes for several days, and

sometimes weeks. When cholera sets in, the discharges of the bowels are rapid, and accompanied by vomiting and cramps—the pulse low and flesh cold, the cheeks become fallen, the face changes its color, the patient becomes insensible and death occurs. The only true hope for a cure in this disease is, to take it before the diarrhoea has changed, after which it is almost impossible to conquer it. Still while there is life there is hope, and no effort should be spared to effect a cure, even in its worst stages. The patient should be kept perfectly quiet and warm. Let warm substances be applied to his feet, and give him twenty-five drops of laudanum, (No. 16) ten drops of hartshorn, (No. 26) and fifteen drops of essence of peppermint, (No. 17) mixed and added to a little warm water, well sweetened.

Cramps should be allayed by the application of warm frictions. When the irritation of the stomach subsides, stimulants should be given. The principal object in treating this disease is, to stop vomiting and support the strength. Purging may be stopped after vomiting, as the medicines will be more likely to remain on the stomach, and their effect be better. Should any trouble be experienced in administering medicines by the mouth, give twice, or even three times the same by injection. Diarrhoea should never be allowed to remain on a person any longer than a cure can be effected. It is dangerous of

itself, and should be treated (as directed) upon its first appearance.

DIARRHOEA.

Is known by frequent inclination to stool, which is often attended by pains in the bowels and nausea. When diarrhoea is produced by exciting food, give a teaspoon full of powdered rhubarb (No. 45) in molasses. If it be brought on by any other cause, give a Dover's powder, (No. 40) or fifteen drops of laudanum, (No. 16) or one-half of an opium pill, (No. 37) every two hours. Should the stools appear light-colored, give a blue pill, (No. 36) or two grains of calomel (No. 43) every two hours, until the discharges become changed to yellow. Gum arabic, dissolved in warm water and drank, is excellent to give a coating to the stomach and bowels. Strict diet should be observed, and let the patient be kept as quiet as possible.

RHEUMATISM.

Rheumatism is an affliction too generally known to require a description. It is also a disease which should be treated on its first appearance—as thousands have lost their health for life by delaying too long in applying appropriate remedies. This disease attacks all parts of the system, but generally appears in the legs, arms, or shoulders. The principal cause of this disease is, exposure to cold and wet weather—which is too often caused by care-

lessness. Leeching is often beneficial. Never bleed if it can possibly be avoided. The bowels should be gently moved with twenty grains of rhubarb (No. 45) or one ounce of epsom salts, (No. 3.) Sometimes a powder of calomel and jalap (No. 39) will have a better effect than either of the above-mentioned medicines. Either of the above medicines may be given two or three times a day, as the patient may require. A solution of solid hartshorn, (No. 56) made by dissolving five grains in a teaspoon full of water and vinegar, may be given one teaspoon full at a time every two hours, and then follow up with a Dover's powder (No. 40) every four hours. Let the patient diet, and continue this treatment until the fever abates—then apply soap liniment, (No. 23) or volatile liniment, (No. 32) with frictions, and prevent the patient taking cold.

Rheumatism sometimes attacks the heart. This may be known by an acute pain in the left side, and a continual throbbing of the heart. In this case apply a blister over the place where the pain occurs, and give an alterative pill (No. 35) every two hours. In case the rheumatism has been of long standing, it may be removed by purifying the blood. For this purpose give five grains of iodide of potassium, (No. 50) dissolved in water, three times a day before eating. The diet should be strictly regarded in all cases of rheumatism, as much depends upon it.

REMARKS ON SURGERY.

WOUNDS.

Wounds are composed of four kinds, namely : cut wounds, lacerated, or torn wounds, contused and punctured wounds.

Cut wounds, made by knives, swords, or any sharp instrument, only require to be drawn together carefully, and retained in their proper place by narrow strips of adhesive plaster, (No. 61) and a bandage around all to support the parts. Bad cuts in the eyelids, cheeks, lips, or scrotum, require to be sewed up. Bleeding must be restrained by pressure with a piece of lint, (No. 60.)

LACERATED, OR TORN WOUNDS.

Lacerated, or torn wounds, bleed little or none. The parts should be thoroughly washed, and any foreign body extracted—then bring the edges of the skin together as close as possible, and apply adhesive plaster, (No. 61) taking care to leave room between the strips for the escape of any matter which may

collect ; lay a piece of lint, dipped in water, over the wound, and bandage to support the muscles. When the inflammation disappears and the wound looks healthy, which will probably be in the course of three or four days, dress it with simple ointment, (No. 12) applied on lint.

CONTUSED WOUNDS.

Contused wounds are produced by blows, &c. They will not heal by adhesive process. Remove any extraneous substance, and apply a poultice of flax seed meal, (No. 7.) Should there be much inflammation—which may be known by heat, redness, and swelling—apply a fomentation of chamomile flowers (No. 5) and hot water. Keep the bowels open with epsom salts, (No. 3) or a purging pill (No. 34) twice a day. Should much pain occur, give an alterative pill (No. 35) twice a day.

PUNCTURED WOUNDS.

Punctured wounds are produced by any pointed instrument and are very dangerous, as they often cause lockjaw. The internal surface of the wound should be rubbed with lunar caustic, (No. 59) which will give a coating and allay the danger. Then apply a poultice of flax seed meal (No. 7) and regulate the bowels with salts, (No. 3) or purging pills, (No. 34.)

MORTIFIED WOUNDS.

Wounds which are mortified usually turn black, and have a disagreeable smell—they are also insensible to pain. It is often the result of inflammation. The patient should take strong, nourishing drink, and if debilitated, give one teaspoon full of tincture of bark (No. 28) in a glass of wine. Apply a poultice of flax seed meal, (No. 7) to which may be added a tablespoon full of peruvian bark, (No. 47) or the same quantity of the tincture of bark, (No. 28.)

WOUNDS OF THE JOINTS.

When any of the joints are wounded, it may be known by a discolored fluid presenting itself. The limb should be supported by a pillow and kept perfectly still. In case inflammation should occur, bleeding, or leeching should be resorted to. The latter is preferable.

WOUNDS OF THE BELLY.

When an incision is made, which causes the bowels to protrude, if they have received no injury, put them back carefully and proceed to sew up the wound, by passing the needle through one-half the thickness of the walls of the belly—then apply strips of adhesive plaster, (No. 61) over which pass a bandage moderately tight. When the bowels are injured, the edges should be brought together care-

fully and sewed with fine stitches. The thread, should, in all cases, be cut off close after being tied. In wounds of the belly, the patient should be layed on his back and kept in that position. If the bowels become inflamed, give an alterative pill (No. 35) every four hours. Stop diarrhoea with laudanum, (No. 16) or costiveness with an injection of warm water. Low diet should be observed.

FRACTURES, OR BROKEN BONES.

The general character of fractures are deformity, pain, want of power and motion. If one end of the bone be steadied, the other end may be moved independent of it, and during the operation a grating sound may be observed. To reduce a fracture, extend the limb and put it into as natural a position as possible—then put two or three long strips of pasteboard, or thin wood, (wrapped in tow or rags) on each side and bind the whole limb from top to bottom, moderately tight, with a long bandage, and let it be as little disturbed as possible—keeping it wet with rum, or a solution of sugar of lead (No. 51) in the proportion of one-half an ounce to a pint of water. Fractures are sometimes accompanied with wounds from the violence with which they were done. They should be treated the same as other fractures, only avoid covering the wound with the bandage—treating it as directed for wounds.

FRACTURE OF THE COLLAR BONE.

A fracture of this bone is instantly detected. To reduce it, raise the shoulder upwards and backwards. When in its place, put a thick pad in the arm-pit to keep the shoulder from the side ; put the arm in a sling to elevate it, and a bandage around the affected and sound shoulder, alternately, in the form of the figure eight, (8) ; and lastly pass the bandage once around the affected arm and sound side, to keep the arm in.

FRACTURE OF THE ARM.

Extention must be made to get the parts in the right places ; then bandage from the hand to the shoulder, and apply three splints (of wood or leather) from the elbow to the shoulder. Carry the arm in a sling and treat as before directed.

FRACTURE OF THE FORE ARM.

In this, one or both bones may be broken. The treatment is the same as above.

FRACTURE OF THE THIGH BONE.

This is a very difficult job for non-professional men to manage, and even skillful physicians find it difficult to keep the bone in its place long enough to apply the splints. The limb is generally shortened two or three inches. This must be rectified

by *gentle* but *steady* extention; then bandage the leg and thigh from foot to groin—then apply a small splint to the inside from the fork to the foot, and also one on the outside from the arm-pit to the foot: each splint being well padded and secured by turns of bandages around both, about two feet long, which must be tied at the top. Keep the thigh well wet with rum, or alcohol and water, equal parts of each. Six to eight weeks are required to unite the bone firmly.

OPERATIONS.—Bleeding being an operation frequently required upon ship board, I will here give you a few directions: Tie a piece of tape sufficiently tight, about four inches above the bend of the arm, to make the veins swell; next take your lancet, being sure that it is clean and sharp, between the finger and thumb, holding it about one-eighth of an inch from the point; then steady the most prominent vein with your other hand, and plunge it in boldly in an oblique direction, making a full opening that the blood may flow a full stream. When you have taken enough, which is generally from a pint to a pint and a half, unloose the tape and place your thumb over the wound to stop the bleeding; then place a piece of lint wet with water over the orifice, securing it with a bandage wound around the arm, taking care not to draw it so tight as to stop the circulation, but only to prevent further bleeding.

Should the patient faint, lay him on his back and he will soon revive. Bleeding is chiefly used to prevent inflammation, or immediately after falls, or blows, and should the pain return the bleeding must be repeated again—but remember, you must not employ bleeding when the pulse is low and the patient weak. A strong pulse, vibrating like a chord under the finger, is the surest guide—never forgetting that the blood has to repair the injuries of the human system.

PASSING THE CATHETER.

The use of the catheter is to draw off the urine, when the efforts of nature are insufficient to perform the operation. Let the patient lie upon his back, while you hold the point of his penis with your left hand, perpendicular to his body. Hold the catheter between the finger and thumb of your right hand; draw the penis gently up the instrument, which should be well oiled. When it has penetrated to the bones of the tubes, depress the handle gently, and it will generally slip into the bladder and the urine will flow.

Force must never be used. A delicate, but steady pressure is required. The same directions are applicable to the introduction of bougies.

FRACTURE OF THE LOWER JAW.

This is observed as other fractures, and may be seen by looking into the mouth. The jaw should

be brought into its natural position and bandaged. Let the bandage pass under the jaw, and be fastened on top of the head. When this is done the jaw will remain in its proper position, as it will be aided by the upper jaw. The patient should live on gruels, broths, &c., until the fracture is healed, or strengthened enough to warrant use.

FRACTURE OF THE RIBS.

These fractures are usually caused by severe blows, or falls. When the ribs are broken the pain is severe. When the ribs are broken a grating sound may be heard, either by the patient, or attendant. A wide bandage should be passed two or three times around the chest and worn for ten days, when it may be taken off. Pleurisy sometimes occurs, which should be treated as directed.

FRACTURE OF THE KNEE-PAN.

A fracture of this kind may be easily discovered. The two portions of the bone may be observed to move. The patient should lie upon his back and rest his foot upon a pillow, in order to keep the leg perfectly straight. Commence at the foot and bandage upwards, until you get to the lower part of the knee; then draw the fractured parts of the knee-pan closely together and pass the bandage firmly around it two or three times, and let it remain in this position for three or four weeks.

FRACTURE OF THE HAND AND FINGERS.

These may be known in the same way as other fractures. The bones should be restored to their natural position, and kept so by the use of splints made of wood, which should be shaped to compare with the natural position of the bone.

FRACTURE OF THE BONES OF THE FOOT AND TOES.

These fractures are similar to those of the hand and fingers. They are more difficult to discover, on account of being more thickly covered with flesh. The fractured foot should be brought into its natural shape and made to assume the appearance of the well foot. It should be bandaged lightly to keep the bones in their respective places, and be kept as still as possible. When the bones of the heel are fractured, keep the toes lower than the heel. Take a piece of thin wood that will bend, and place it on the instep and bind it around the foot and leg.

Fractures of the toes are treated principally like those of the fingers.

FRACTURE OF THE LEG.

Is known the same as other fractures. If the limb is shortened, have it drawn down to its proper length. The patient must lie on his back, and the

leg be put in the same position as the other, and kept so until there is no grating, or moving of the fracture, which will sometimes take from three to six weeks. The leg may be kept in shape by two pieces of thick pasteboard, or wooden splints, cut to the shape of the leg, and secured on each side, and may be rested on a pillow, supported at the sides, and kept in its natural position, so that it rests on all parts alike. After a few weeks the patient may be allowed to sit up in bed—but great care should be taken that the limb be kept in its proper position.

FRACTURE OF THE NOSE.

If the nose be broken in, the bones may be raised by passing a piece of wire, or a knitting-needle up the nose and pressing them out. If it be much swollen and painful, apply spirits and water, or cold water. If matter forms, it must be poulticed.

COMPOUND FRACTURES OF THE SKULL.

In this accident the flesh is generally much torn, and the bones severely broken. The loose pieces of bone must be taken away, and the wound treated the same as any other. When the patient becomes insensible, treat him for “concussion of the brain” and “compression of the brain,”—following :

CONCUSSION OF THE BRAIN.

Is usually occasioned by a fall, or blow. The symptoms are frequent vomiting, a cold sweat covers the face, the pupil of the eye becomes contracted, the pulse grows feeble, and the countenance pale. This disease should be treated as collapse. The less stimulants used the better, as it may produce inflammation of the brain and fever. Should this occur, treat the disease as for inflammation of the brain, as directed.

COMPRESSION OF THE BRAIN.

The symptoms of this disease agree with those of apoplexy. It is generally caused by a compound fracture of the skull. If bleeding must be resorted to, let it be done, and keep the head constantly wet with cold water, and apply warm water, in bottles, to the feet. When this treatment fails, nothing will relieve the patient but a surgical operation, and from this treatment relief is not always certain.

COLLAPSE, OR FAINTING.

Its symptoms are a feeble pulse, pale face and cold skin, sometimes covered with a clammy perspiration, and the patient is unable to move or speak. Its causes are excessive heat, fatigue, accidents, and sometimes sudden fright. The patient should

not be allowed to remain long in this condition, as death will inevitably follow. Lay the patient on his back and administer stimulants ; give him five grains of solid hartshorn (No. 56) in wine, brandy, or water, and repeat every half hour for a short time. Give brandy freely, and apply warm water, in bottles, and mustard plasters, and keep the patient well covered, in order to produce warmth and a circulation of the blood. It may not be necessary to use all these remedies in every case, but give them in proportion to the weakness of the patient. The stimulants may be discontinued when the patient becomes sensible and recovers sufficient strength.

DISLOCATIONS.

May be known by the inability to perform the usual motions of the joint. It is generally attended with severe pain. The limb becomes either lengthened, or shortened, and the joint becomes deformed. In all cases of dislocations, the sound and injured joints should be compared, and by this means it may be ascertained in what respect they differ. In replacing a joint, endeavor to return it in the same place that it took during its dislocation. A dislocated limb, if lengthened, should be pulled down, by which means it may be unlocked from its unnatural position, then let it return suddenly. By this treatment the muscles will often carry it back into

its natural position. When the limb is shortened by dislocation, draw it out slowly, a little beyond the natural position, and let it fly back into its place. It is often the case, where the joint is drawn from its false position, it will return to its natural position without further assistance. When a dislocated joint is once restored, it should be well bandaged, and remain in this position for a week, or ten days. If inflammation appears, bathe the parts with cold water. If a purchase be required, it may be obtained by winding a piece of strong cloth around the largest part of the limb, to which may be fastened long pieces of cloth, suitable for a purchase. When the limb is being drawn down, the body should be kept stationary. Our most scientific surgeons are sometimes defeated in their attempts to reduce a dislocation. Bleeding, or an emetic, will often weaken the patient and relax the muscles, so that the operations may be performed more easily.

COMPOUND DISLOCATIONS.

When a dislocation is accompanied by a wound, it is called a compound dislocation. Return the bone to its proper place, as directed in dislocations, and treat the wound as directed for wounds. When the wound extends to the joint, it is slow to heal. Amputation is sometimes necessary in compound dislocations.

INFLAMED EYES.

Inflamed eyes should be treated as other inflammations. The eyes should be kept from the light as much as possible ; also reading should be avoided, as either has a tendency to irritate them. Apply an eye water, composed of four grains of white vitriol (No. 52) and two tablespoon fulls of water. Keep the bowels open with epsom salts, (No. 3.) Bleeding, or leeching, is sometimes very beneficial. Leeches should be applied to the under lid of the eye, and as near the corner as possible. A small blister plaster (No. 13) may be applied upon the bone behind the ear. A blue pill (No. 36) is sometimes given for two or three weeks, or until the gums grow tender. The edges of eyelids should be rubbed with simple ointment (No. 12) when they are inclined to adhere to each other, as this will prevent all trouble of that nature.

SUBSTANCES IN THE EYE.

When substances get into the eye and adhere to the ball, they may be easily seen by lifting up the lid, and may be removed by a small piece of paper, rolled up and used as a brush. When the substance is hard and has penetrated the ball, a pair of tweezers, or a piece of quill sharpened to a point, will answer better than paper. Great care should

be taken to avoid injuring the ball. If the substance has lodged upon the upper lid, draw it down over the under lid, and by this means the eyelashes may brush it off. Should this method fail, draw the lid gently down, then press your finger upon the back of it and turn it inside out, then take a paper and remove the substance. Should either of these methods cause much inflammation, treat it as an inflamed eye.

ULCERS.

An ulcer, when healthy, is of a light-red color. Its appearance is clean, edges are white, and its discharges of a light-yellow. When an ulcer presents these appearances, it may be known to be healing. The parts affected should be kept quiet, and simple ointment (No. 12) applied on lint, (No. 60) and a bandage put over, but not too tight.—When the surface becomes pale, apply basilicon ointment (No. 11) mixed with balsam of copaiva, (No. 20.) If the ulcer is of a dirty, yellow color, apply a poultice of flax seed meal, (No. 7) and when it assumes a healthy appearance, treat it as before directed.

ABSCESS.

Abscesses are caused by inflammation, and appear in the form of small bodies of matter, collected under the surface of the skin. A poultice should

be applied to bring the sore to a head. Should it not break and discharge the matter of its own accord, it must be lanced on the top—then apply another poultice until the discharges stop; after which apply simple ointment (No. 12) upon lint, and bandage it lightly.

CHRONIC ABSCESSSES.

These are abscesses which have been suffered to remain for a long time, without the proper means being used to destroy it. They are generally exceedingly painful. Never poultice them. Keep them open, and let the discharges be absorbed by lint, tow, cotton, or wool. Should they stick to the sore, they may be removed by wetting them thoroughly with warm water. The patient should take nourishing diets, and if his strength fails him, give wine, to which may be added one teaspoon full of tincture of bark, (No. 28.)

WHITLOW, OR FELLON.

This inflammation appears at the end of the finger, and is usually extremely painful. It sometimes extends to the bone of the finger, in which case an incision should be made, lengthwise of the finger, down to the bone. It should then be permitted to bleed for a while, then apply a poultice to allay the inflammation, and afterwards treat it as a

common sore. When it is confined to the surface, poultice it, and take from one to two ounces of epsom salts (No. 3) twice a day.

LOCKJAW.

Lockjaw is usually caused by punctured wounds. Burns will sometimes cause this disease. Give an opium pill, (No. 37) or fifteen drops of laudanum (No. 16) every three or four hours, until the pain is relieved. Wine, to which may be added one teaspoon full of tincture of bark, (No. 28) and nourishing drinks should be given to support the strength. A piece of soft wood should be placed between the jaws. If it be caused by a wound, treat it as directed for wounds—or if a burn, as directed for burns.

SCALDS AND BURNS.

If the scald or burn is on the surface of the body, saturate a piece of lint, cotton, or wool, with a liniment, made of equal parts of sweet oil and lime water. Let the surface of the blister remain until it leaves the wound of its own accord. The pain may be relieved as directed in lockjaw, and the strength supported by wine, or brandy. Where the burns are deep, it will be necessary to apply a poultice, which may be repeated until the dead matter is removed—it should then be treated as a sore.

ERYSIPELAS.

This disease may be known by the skin being of a red color, accompanied by pain and heat—the part affected being more or less swollen, and sometimes small blisters appear. It often attacks the face and head, and is accompanied by large swellings. The patient becomes feverish, and should be treated for it the same as in any other fever. The part affected should be wet with a wash, made of twenty grains of lunar caustic, (No. 59) dissolved in half a pint of soft water, applied lightly with a swab made of lint, or a camel's hair brush, which will change the color of the skin to a dark brown, or black, and prevent the disease from spreading. It may be necessary to poultice when there is appearance of matter. In the latter stages of this disease, the strength should be supported by administering wines, to which may be added one or two teaspoon fulls of tincture of bark, (No. 28) or five grains of solid hartshorn (No. 56) taken in brandy. Quinine (No. 41) and elixir of vitriol (No. 15) are often beneficial.

ON THE VENEREAL DISEASES.

I would recommend always in every case of virulent disease, epsom salts, (No. 3) as it lessens any inflammatory symptoms, and also is an alterative—for if one portion of the body becomes affected, there is great sympathy existing in other parts, and great cleanliness is to be observed, and *spirituous liquors* most strenuously avoided. The first appearance of this disease is generally marked by small ulcers, or chancres, and often with inflammation and swelling of the end of the penis. Buboes frequently arise in the groin, and ulcerations of the throat take place.

TREATMENT.—Take a blue pill (No. 36) at night and two in the morning, until the mouth becomes slightly affected. If they purge, add half an opium pill (No. 37) to every dose at night. With regard to the chancre, it must be touched with blue stone, (No. 53) or nitrate of silver, (lunar caustic, No. 59) and a wash applied afterwards, (on a piece of lint,) composed of either of the former articles, three grains to a teaspoon full of water.

BUBOES.

Where swellings in the groin take place, rub in a lump of blue mercurial ointment (No. 10) as big as a nutmeg, over the buboe, night and morning. If the penis is inflamed at the head, let it hang in warm water ten or fifteen minutes, and then wrap it up in a rag, wet with a solution of sugar of lead, (No. 51) about a teaspoon full to a cup of water.

CLAP.

Is a running from the penis, attended with great pain, heat, irritation, and scalding in passing urine. It begins with an itching at the tip of the penis and a discharge of matter. The first thing is to endeavor to subdue inflammatory symptoms, by salts (No. 3) in the morning, and an alterative pill (No. 35) at night. Drinking plentifully of flax seed tea, (No. 6) with each cup put half a teaspoon full of cream of tartar, (No. 2.) When the inflammatory symptoms are subdued, in a day or two take a teaspoon full of cubebs (No. 49) three times a day in water, and a teaspoon full of spirits of nitre, (No. 19) with one-half a teaspoon full of balsam of copaiva, (No. 20) mixed in half a glass of water: to which add of carbonate of soda (No. 8) a half teaspoon full.

Clap is not always removed by this treatment. Much depends upon the constitution, habits, and exposure of the patient. Should not this effect a

cure, and there be no inflammation present, I would recommend the use of the following injections: a teaspoon full of white vitriol, (No. 52) or sugar of lead, (No. 51) dissolved in one pint of warm water, and injected three or four times a day. The following is also a good injection: lunar caustic (No. 59) eight grains, added to one-half a pint of water. Be careful not to let any of this last solution fall upon the clothes, as it will stain them.

CHORDEE,

OR PAINFUL ERECTION OF THE PENIS.

Wrap the penis around with a rag, well wet with a solution of one teaspoon full of sugar of lead (No. 51) and one pint of water, with a gill of spirits. Take a Dover's powder (No. 40) at night. If ice is handy, apply a lump to the parts situated between the fundament and testicles.

SYMPATHETIC BUBOE.

Is an affection of the glands of the groin, which may be treated by lint (No. 60) dipped in water, and kept on all night. Take three purging pills (No. 34) at night, and one tablespoon full of epsom salts (No. 3) in the morning.

STRICTURE.

Is one of the unpleasant symptoms of clap. This complaint is a closing of some portion of the urinary

passage in the penis, occasioning considerable pain and retention of urine. *Treatment*, by a regular and daily introduction of the bougie, (see bougie.) Avoid all exercise, high living, and stimulating drinks. Take soda powders (No. 64) frequently through the day, and drink freely of flax seed tea. When it is of long standing, a physician should be consulted.

GLEET.

Is an old clap, and degenerated from the gonorrheal discharge. It is more thin and slimy, and may continue to an indefinite period; and although unattended with pain or scalding, may remain an indefinite period, and may produce disease of the prostate gland. *Treatment*, by injections, the same as recommended in the last stage of the clap.

VENEREAL WARTS.

Are unpleasant pimples (similar to a common wart) about the private parts, sometimes in great quantities. *Treatment*—if small, rub over three times a day with lunar caustic, (No. 59) and a wash of blue vitriol, (No. 53) one teaspoon full to a pint of water. If large, cut off with a pair of scissors, and rub the roots with the same preparation.

SUPPRESSION OF URINE.

Occasionally occurs in consequence of blows, falls, acid medicines, and in structure. Also, occa-

sionally, the effects of a blister. *Treatment.*—Draw off the water with a catheter, and give flax seed tea (No. 6) with a teaspoon full of spirits of nitre, (No. 19) every four hours. Also inject about a half tea-cup full of flax seed tea (No. 6) and ten drops of laudanum, (No. 16) at the penis.

SWELLED TESTICLES.

This affliction is generally caused by clap, and in some cases where an injection is thrown too far into the penis. The bowels should be kept open by epsom salts. Sometimes a powder of calomel and jalap is more beneficial than salts. Still it is always well to try salts first. A poultice of tobacco generally proves effectual. It is made of fine cut chewing tobacco, mixed with flax seed meal and water. When flax seed cannot be obtained, use the former in its pure state. These poultices should be kept on until the swelling has subsided. The testicles should be drawn up towards the body, by means of a suspensary bandage, or a long strip of cloth, which should be well rubbed with mercurial ointment, (No. 10) and a blue pill (No. 36) be given morning and night, for two or three weeks. It is highly important that the patient should have low diet. Dropsy of the bag is sometimes mistaken for swelled testicles—in which case the true disease may be discovered by holding a lighted candle

behind the bag. If dropsy has occurred, the bag will be almost transparent, which is not the case with swelled testicles. The swelling also commences at the top in dropsy, and at the bottom in the testicles.

CIRCOCLE.

This is a swelling of the vein leading to the testicles, and may be discovered by the formation of a bunch above the testicles. The testicles should be bathed night and morning with cold water, and a bandage applied as in swelled testicles.

INFLAMMATION OF THE PENIS.

This organ sometimes becomes inflamed, which generally arises from want of care and cleanliness. It sometimes causes great trouble, which might be prevented by spending a few moments each night and morning in washing it. If the inflammation has taken place, a wash of six grains of white vitriol, added to one ounce of water, will be beneficial. Sometimes the skin is drawn tightly over the head of the penis, in which case the wash must then be injected.

SYPHILIS, OR POX.

Syphilis, or pox, is usually known by pimples which make their appearance upon the penis. This, as all know, is a contagious and dreadful disease,

and should be treated with the utmost care. The pimples, above-mentioned, usually form themselves into large sores, of a yellowish color, which sometimes mortify and destroy the whole, or a part of the organs affected. As soon as these pimples show themselves, they should be touched thoroughly with lunar caustic, (No. 59) or blue vitriol, (No. 53.) The former is preferable. A wash consisting of one-half a drachm of calomel, added to four ounces of lime water, (called black wash) should be made, and the parts affected kept constantly wet. Simple ointment, (No. 12) or an ointment composed of one ounce of simple ointment and sixty drops of balsam of copaiva, mixed, should be rubbed on twice a day. If the above ointments cannot be obtained, use basilicon ointment alone. If in a week, or ten days, the sores do not heal, which is indicated by a white surface and white edge, give a blue pill two or three times a day, and continue it until the gums grow tender—in which state keep them by the use of the pill (giving more or less, as occasion may require) for ten days. Should a chancre be inflamed, it must be reduced with poultices and low diet. When a chancre is inflamed, all mercurial preparations should be suspended from use. In case mortification takes place, give one or two opium pills, (No. 37) as the patient may require, and poultice as above. It is sometimes necessary to give a dose of salts,

(No. 3) to keep the bowels in order. It is always necessary to diet in this disease.

REMARKS ON APPARENT DEATH.

Reason and humanity demand that a knowledge of the proper mode of treatment of persons apparently dead from drowning, &c., or brought to the brink of the grave by famine, or excessive cold, should be as generally diffused as possible. The leading principle of conducting every case where a near approach of death is occasioned, by long fasting, or exposure to extreme cold, is to yield as gradually as possible a supply of the stimulant, from the deprivation of which life appears about to cease. Where life appears to be about extinguished, by long exposure to extreme cold, the greatest caution is required to restore the defective stimulus *heat*. Its application should be at first in the lowest degree, and should be gradually increased—imitating the practice of the inhabitants of cold countries, who, when any part of the body is frost-bitten, immediately thaw it by rubbing it with *snow*, and afterwards applying light frictions, with flannels, carefully rubbed over the extremities, at the same time paying great attention to the pulse, and the dilation, or contraction of the pupil of the eye: for there is a great sympathy existing between the optic nerve and other parts of the body, most particularly the

organs of respiration. Gradually expose the parts to a warmer temperature, well knowing that by a sudden approach to the fire, the frozen parts would soon be entirely destroyed. When from long fasting the vital powers seem to be entirely destroyed and nearly exhausted, a supply of the defective stimulus, *food*, should also be given in a most cautious manner. Weak broths should be given, hardly warm, and in very small quantities at a time, and afterwards gruel and milk porridge, or milk enriched by the addition of an egg.

RESUSITATIVE PROCESS.

THE DROWNED.

1st. Convey carefully the body, with the head raised, to a near bed. 2d. Strip the body and clean the mouth and nostrils. 3d. In cold weather, lay the body upon a bed near the fire. 4th. In summer, expose the body to the rays of the sun, and in all cases admit the air freely. 5th. The body should be gently rubbed with flannels, and sprinkled with spirits, flour, or mustard, to cause a friction. 6th. The breast should be fomented with warm spirits. Wramth should be applied to the soles of his feet, and on the back and spine. If no signs of life appear, the body should be put into a warm bath. 7th. To restore breathing, introduce the pipe of a bellows into the nostrils and inflate the lungs, the

mouth being closed. 8th. Tobacco smoke may be thrown into the fundament with a proper instrument, or pipe—the bowl being covered, so as to defend the mouth of the operator.

ITCH.

This disease appears in the form of small blisters at first, which may be seen upon the surface of the skin. These blisters afterwards form into spots of matter. The blisters are most thickly located around the joints. The itching attending this disease makes it exceedingly troublesome. Take two teaspoonfulls of sulphur, (No. 1) mixed with molasses, twice a day, and rub on an ointment made of sulphur and lard, or red precipitate (No. 55) and lard. This disease is contagious.

SCURVY.

This disease is too well-known among seamen to describe its symptoms. It is also known that the best remedy for it is green vegetables and fresh food. Where these cannot be obtained, use cream of tartar, (No. 2) tartaric acid, (No. 54) elixir of vitriol, (No. 15) quinine, (No. 41) lemons, vinegar, or pickles.

PILES.

There are two kinds of piles, external and internal. The external piles present themselves in the

form of large tumors, at the end of the fundament. Oakum, applied to the fundament, is often beneficial. An ointment, made of one ounce of simple ointment, one-half drachm of sugar of lead, (No. 51) or white vitriol, (No. 52) and one drachm of powdered opium, may be applied with success. The bowels should be kept loose with sulphur. Never take purging pills for this disease, as they have a tendency to increase, rather than diminish the pain. Persons subject to piles, should avoid taking any medicine that will leave the bowels in a costive state.

GRAVEL.

The symptoms of this disease is a frequent desire to urinate, and severe pain in the lower part of the back and belly. The testicles often become retracted, and small gravel stones are expelled from the bladder. Place the patient in a tub of warm water, in a manner that his hips may be covered, and let him drink freely of flax seed tea, or give him twenty-five drops of laudanum, (No. 16.) Treat fever as directed, should it occur.

RETENTION OF THE URINE.

This is known by violent attempts to urinate, accompanied by acute pains. It is caused by the bladder being distended. If this disease is not taken

in season, and relief brought about, death will inevitably be the consequence. A catheter should be introduced, either solid or elastic : and should these fail, try a bougie. If it be required, an emetic, (No. 48) or bleeding may be resorted to. This will relax the patient's muscles, when the introduction of the catheter may be tried again. Ten drops of muriated tincture of iron, (No. 31) given every half hour, will sometimes relieve the patient when all other remedies have failed.

BLEEDING.

Every man should know how to bleed. It is an operation so extremely easy in itself, and so important in its effects, that it should be universally understood. There is no mystery, or difficulty in the matter; and any one who has command of his fingers and eyes, can acquire in five minutes that skill which may enable him to save the lives of many. *Directions* : Tie a bandage around the arm, at least two inches above the projections of the elbow joint, and then feel for the pulse at the wrist. If the pulse is stopped, the bandage is too tight and should be loosened. Select the most prominent vein, and feel with the tip of your finger if an artery lies near it. If you feel one pulsating so close to the vein that you are fearful of wounding it, choose

another. Now take the lancet between your thumb and forefinger, and make a slanting incision, from which the blood will flow freely. When the patient has bled enough, or becomes faint, untie the bandage, and bring the two edges of the wound together. Lay a small piece of lint, or linen, over the cut, and bind it on with another bandage.

TO STOP BLEEDING.

If the flow of blood be but trifling, bring the edges of the wound together and hold them in that position for a short time, when they will generally stop. If on the contrary it is large, of a bright, red color, and flows with a spirt, or jerk, clap your finger on the spot it flows from, and hold it there with a firm pressure, while you direct some one to pass a handkerchief around the limb (supposing the wound to be one) above the cut, and tie its two ends together in a hard knot. Then pass a stick under the knot (between the upper surface of the limb and the handkerchief) and turn it around until the stick is brought down to the limb, so as to make the handkerchief encircle it with considerable tightness. You may then take off your finger. If the blood still flows, tighten the handkerchief by a turn or two of the stick, until it ceases. The patient may now be removed (care should be taken to secure the stick) without running any risk of

bleeding to death on the way. As this apparatus cannot be left on for any length of time, without destroying the life of the parts wounded, endeavor as soon as possible to secure the bleeding vessels, and take it off. Having waxed together three or four threads of sufficient length, cut the ligature they form into as many pieces as you think there are vessels to be taken up—each piece of thread being about a foot long. Wash the parts with warm water, and then with a sharp hook, or slender pair of pincers in your hand, fix your eye steadfastly upon the wound, and direct the handkerchief to be relaxed by a turn or two of the stick. You will now see the mouth of the artery from which the blood springs. Seize it with your hook, or pincers, draw it a little out, while some one passes one of the ligatures around it, and ties it up tight with a double knot. In this way take up every bleeding vessel you can see, or get hold of.

AMPUTATION.

This operation should never be performed, unless absolutely necessary. As it is sometimes required on ship board, we give the following directions in the most simple manner: Where a compound fracture occurs, and the bones and flesh are badly mangled, amputation often has to be resorted to. When a broken limb has mortified, an operation

should not be performed, until the mortification has ceased to spread. Put a handkerchief around the limb a short distance above the place where the incision is to be made—tie the ends of the handkerchief together ; pass a stick through and twist it around until it is drawn to the limb. Now we will suppose a leg is to be taken off: the cut should be made slanting towards the body, from the front and back of the leg to the bone—so that when the bone is sawed off, the flesh may be drawn together and cover the end of the bone upon the remainder of the limb. The bleeding vessels should all be tied, and one end of the string left hanging outside of the wound. The flaps should then be sewed together, and secured by sticking plaster and bandages. In case the patient becomes very weak, give him nourishing drink. Quinine, (No. 41) elixir of vitriol, (No. 15) or tincture of bark, (No. 28.) Should fever arise, treat as directed for fever. Brandy, or brandy and solid hartshorn, (No. 56) may be given if a stimulant is required.

RECIPES.

ARROW ROOT GRUEL.

Mix a tablespoon full of arrow root with cold water, and then pour a pint of boiling water upon it. Let the whole boil for a few minutes. Season it well with salt, and sweeten to your taste.

MUSTARD POULTICE.

Take of ground mustard a sufficient quantity ; boil it in water for a few minutes, when it will be ready for use—having made it the right consistency by adding mustard, if too thin. Spread it upon a piece of cloth, and sprinkle a little dry mustard upon it. Where haste is required, mix it up with vinegar and apply it cold. Flax seed meal, bread, or indian corn poultices, may be made in the same way.

DECOCTION OF BARK.

This decoction is made by adding one ounce of bark to one pint of boiling water. Cover the mouth

of the vessel over, and let it stand for ten or fifteen minutes. It may then be strained and be ready for use. This medicine should be made in small quantities and kept fresh. The dose is from one-half to a wine glass full, taken three or four times a day if required.

COUGH DROPS.

The following is an excellent medicine for coughs and colds: syrup of squills, hive syrup, and pargoric, each one ounce; wine of antimony, one-half an ounce—Fryar's balsam, half an ounce: mix and take one teaspoon full three or four times a day. If hive syrup cannot be obtained, use the same quantity of syrup of squills, and add three grains of tartar emetic.

VOLATILE LINIMENT.

Volatile liniment is made by mixing spirits of hartshorn and sweet oil together. Sometimes a teaspoon full of spirits of turpentine is added. This liniment is excellent for rheumatism, sore throat, sprains, bruises, inflammation, soreness of the chest, &c. It may be applied with a piece of flannel, or with the hand.

EYE WATER.

Take eight grains of white vitriol, or six grains sugar of lead, or two grains of lunar caustic. Dis-

solve either of the above articles in two ounces of water, and apply the solution two or three times a day.

SWEATS.

Flax seed, boneset or thoroughwort, sage, or motherwort teas, may be drank freely to produce sweats. Care should be taken to avoid catching cold.

SEIDLITZ POWDERS.

First take two tumblers and fill each one-third full of water. Then add to one tumbler two teaspoon fulls of seidlitz mixture ; dissolve and sweeten with sugar. Then add to the other tumbler about one-half a teaspoon full of tartaric acid, and dissolve. Pour the contents of the first tumbler into that of the other, and drink immediately. This is a gentle, purging medicine, and a most excellent remedy for headache.

SODA POWDERS.

The mode of making soda powders is the same as that of seidlitz powders. The ingredients are a teaspoon full of bi carbonate of soda, and one-half a teaspoon full of tartaric acid.

PURGING INJECTION.

Add to one pint of water and one gill of molasses, two tablespoon fulls of common salt, and mix.

CHILD BIRTH.

The process being natural, needs but little interference, or assistance. Its symptoms, which gradually come on, are unmistakable—being at first severe pains, which shortly become of a bearing down and straining nature. During the pains, the patient will naturally hold her breath, and at its termination will give vent to it and utter a groan. Nature then seems to allow a few minutes rest, and then another pain comes on, and towards the close they generally become sharp—she utters a piercing cry and is delivered.

The patient should lie on her back and have on very loose clothes, with something beneath her to absorb the discharges. During her pains, some one of her female friends may take hold of her hands, or a sheet may be twisted and tied to the foot of the bed, on which she may be allowed to pull. Soon after the waters have broken and have discharged, the child will be born. To assist the patient and prevent bleeding, when the child is partly born, a firm and easy pressure may be made at the naval, downward and inward: this may be continued until the bandage is applied. When the child is born it should be drawn gently away, until it can be dis-

tinctly seen ; and should the chord attached to it be around the neck, let it be removed. Tie a piece of twine tightly around the chord, from one to two inches from the belly of the child, and another an inch nearer the mother, and cut the chord between the two strings. The child may then be taken away and washed with warm water and soap. Should the after birth (or that which is attached to the chord) not come away of itself within half an hour, it should be taken away by taking hold of the chord with one hand and gently stretching it, and passing the other hand along the chord, until it meets with the after birth, which will feel like a piece of meat. It then may be hooked by the fingers and drawn away. A broad bandage may then be tied, as tightly as comfortable, around the belly and hips, so that it may press downward and inward—which should be kept on for a week or more, and the patient kept perfectly quiet for a few days. If she complains of much pain, twenty drops of laudanum (No. 16) may be given in a little water. If the bowels are not moved on the following day, a dose of castor oil (No. 33) must be given. When the child has been washed, a piece of soft rag may be wrapped around the chord at the ward, and a flannel bandage put over it and around the child. It may then be put to the breast and allowed to suck, and if it does not at first, it should be tried until it does.

TABLE

OF WEIGHTS AND MEASURES.

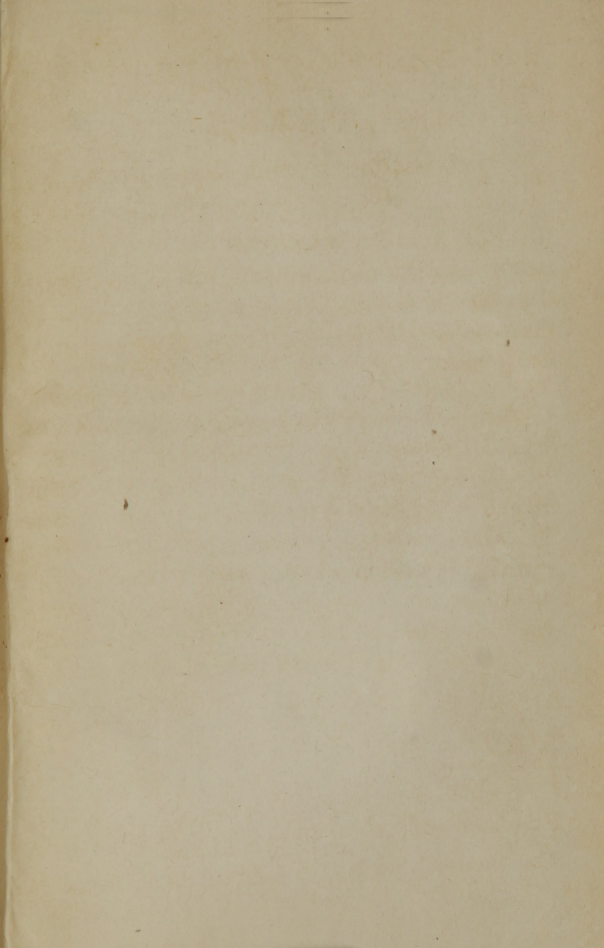
WEIGHTS.

The smallest weights are called grains. Each dot upon the thin weights stand for one grain—for instance, a thin weight with five dots upon it, is five grains.

10	grains	are	one-half	a	scruple,	marked	thus	℥ss.
20	“	“	one	“	“	“	“	℥j.
40	“	“	two	“	“	“	“	℥jj.
30	“	“	half	a	drachm,	“	“	℥ss.
60	“	“	one	“	“	“	“	℥j.
480	“	“	or	eight	drachms,	are	one	ounce, ℥j.

FLUID MEASURE.

60	drops	are	one	drachm,	or	one	teaspoon	full,	℥j.
4	teaspoon	fulls	are	one-half	an	ounce,			℥ss.
1	tablespoon	full	is	“	“				℥ss.
1	wine	glass	contains	two	ounces,				℥jj.
1	tumbler	holds	about	eight	ounces,	or	half	a	pint.



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